

ABSTRACT OF THE DISCLOSURE

A scissor lift mechanism (1) having at least two scissor elements (4, 5) connected in pairs by a swivel axis (3). The drive (11) for raising and lowering the scissor elements (4, 5) is provided by a traction member (13). To reduce the driving power required for operation while at the same time reducing control complexity, the scissor lift mechanism (1) is equipped with two coupling bridges (14, 15) situated on opposite sides of the swivel axis (3) and pivotably supported by thrust struts (22, 23) on each of the two scissor elements (4, 5), respectively. The distance "a" between the coupling bridges (14, 15) and the resulting height of lift "h" are easily variable by applying a tractive force "F" via the traction member (13, 25) which is guided around reversing rollers (16) and back and forth along a plurality of generally parallel paths (18, 19, 20, 21) between the two coupling bridges (14, 15).